



**HONORING DONOR HEROES: One organ donor can save 8 lives & one tissue donor enhances more than 50 lives**

## Daily Tracking Log

Remember to wear...

- ✓ Loose, comfortable clothing
- ✓ Shoes that give you the best support, comfort and balance
- ✓ Sunscreen and a wide brim hat

Bring water to drink to keep hydrated — and don't forget to record your steps at the end of each day!

	Daily Goal	Steps/Miles Acheived
Saturday, August 8 <sup>th</sup>		
Sunday, August 9 <sup>th</sup>		
Monday, August 10 <sup>th</sup>		
Tuesday, August 11 <sup>th</sup>		
Wednesday, August 12 <sup>th</sup>		
Thursday, August 13 <sup>th</sup>		
Friday, August 14 <sup>th</sup>		
Saturday, August 15 <sup>th</sup>		
<b>Grand Total for the Week</b>		<b>Team</b>
<b>Name</b>		<b>Email:</b>

**8.50** *mile challenge*

